



## 2-MINUTE-TEST: "Am I over-acidified?"

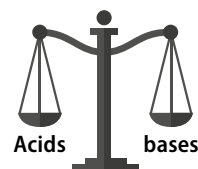
These questions allow you to check quickly whether your diet and lifestyle show tendencies towards over-acidification.

- |  |                              |                             |
|--|------------------------------|-----------------------------|
| 1. Does your daily diet contain a lot of:<br>meat / sausage / fish / cheese / rice / pasta / bread | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Do you frequently eat sweets, sugar, cakes, cookies and salty snacks?                           | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. Do you drink soft drinks, energy drinks or alcohol several times a week?                        | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. Is your daily diet low in: vegetables / salads / fruit / aromatic plants and herbs?             | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. Do you have a sedentary job and do you walk less than 5,000 steps a day?                        | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. Do you often work out intensively at your performance limit?                                    | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7. Are you frequently stressed?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 8. Are you often tired and lacking energy?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 9. Are you often nervous and unfocused?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 10. Do you have joint and muscle problems?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 11. Do you regularly go on diets to lose weight?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 12. Do you regularly take painkillers or other medication?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

**Result:** If you answered "Yes" more than 5 times, you may suffer from chronic latent over-acidification.

### TIPS for a well-adjusted acid-alkaline balance

- Drink 1.5 - 2 litres of non-carbonated water and herbal tea daily.
- Eat approx. 5 servings of vegetables, salad and fruit daily, ideally divided into 3 servings of vegetables and/or salad and 2 servings of fruit. WurzelKraft/AlkaLife, the plant food product made of 100 ingredients offers valuable additional support.
- Cook fresh foods as often as possible. Use salt sparingly. Use high-quality herbs, spices, vegetable oils and fats.
- Limit your consumption of sweets. Read ingredient lists to expose sugar bombs.
- Avoid soft and energy drinks and other sweetened beverages.
- Avoid alcohol and smoking.
- Exercise regularly (10,000 steps per day). Find the sporting activity that suits you best and exercise several times a week.
- Get enough sleep and don't let yourself get stressed. Allow yourself regular downtime to relax (e.g. with an alkaline foot bath or full bath).
- Implement a fasting, detoxification or alkaline diet treatment 1 - 2 times a year, for example with the best proven **Jentschura's Alkaline Programme**.



We welcome any further questions you might have.  
Your Jentschura-Team

[www.p-jentschura.com](http://www.p-jentschura.com)



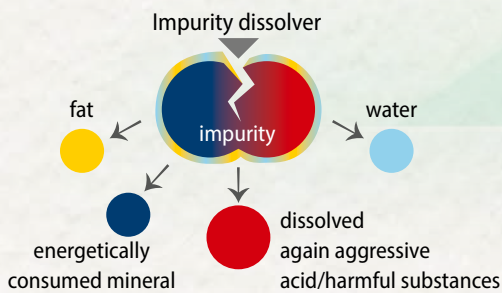
# THE TRIPLE JUMP OF PURIFICATION



according to Dr h. c. Peter Jentschura

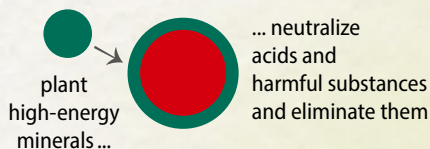
## 1 The cell cleanser

DISSOLUTION OF THE DEPOSITS  
WITH 49 HERBS



## 2 The allround provider

NEUTRALIZATION OF  
ACIDS AND HARMFUL SUBSTANCES  
WITH THE DIVERSITY OF MORE THAN 100 PLANTS



## 3 The acid magnet

ELIMINATION OF IMPURITIES  
WITH ALKALINE BODY CARE  
WITH A PH-VALUE OF 8.5 INSPIRED BY THE NATURE OF  
THE AMNIOTIC FLUID

